

What is claimed is:

- Sub A, 1. A fastener assembly comprising:  
a plate having a bearing surface;  
a stud held within said plate; and  
an extending portion extending from the bearing surface.
2. A fastener assembly as in claim 1 wherein:  
said extending portion comprises a groove.
3. A fastener assembly as in claim 1 further comprising:  
an attachment leg angularly attached to said plate.
4. A fastener assembly as in claim 3 wherein:  
said extending portion extends parallel to a plane of  
said attachment leg.
5. A fastener assembly as in claim 1 wherein:  
said plate comprises a raised portion.

6. A fastener assembly as in claim 1 further comprising:

a cone formed on said plate, said cone holding said stud.

7. A fastener assembly as in claim 5 wherein:  
said stud does not extend bellow the bearing surface.

8. A fastener assembly as in claim 5 wherein:  
said stud extends bellow the bearing surface.

9. A fastener assembly as in claim 1 further comprising:

guide means, formed in said plate, for guiding the fastener assembly in a track.

10. A fastener assembly as in claim 5 further comprising:

means, formed in said plate, for assisting collapse of the raised portion.

11. A fastener assembly comprising:

a plate having a bearing surface;

a stud held within said plate; and  
guide means, placed on said plate, for guiding the  
fastener assembly within a track.

12. A fastener assembly as in claim 11 wherein:  
said guide means comprises a groove.

13. A fastener assembly as in claim 11 wherein:  
said guide means comprises a tab.

14. A fastener assembly as in claim 11 further  
comprising:  
a raised portion formed in said plate.

15. A fastener assembly as in claim 12 further  
comprising:  
an attachment leg angularly attached to said plate,  
and  
said groove extends parallel to a plane of said  
attachment leg.

16. A fastener assembly comprising:  
a plate having a raised portion;

a stud held within said plate; and  
a plurality of grooves formed within the raised  
portion of said plate,  
whereby said plurality of grooves assists the raised  
portion to collapse when the fastener assembly is driven by  
a power actuated gun.

17. A fastener assembly as in claim 16 wherein:  
the raised portion of said plate has a substantially  
rectangular cross section.

18. A fastener assembly as in claim 17 wherein:  
one of said plurality of grooves is placed at each  
corner of said rectangular cross section.

19. A fastener assembly as in claim 16 wherein:  
the raised portion of said plate comprises a portion  
of a cylinder.

20. A fastener assembly feeding system for use with a  
power actuated gun comprising:

a plate;

a stud held within said plate;

an extending portion formed on said plate;  
a feeding track; and  
a mating portion formed on said track, said mating  
portion complementing said extending portion,  
whereby the fastener is guided along said feeding  
track.

21. A faster feeding system for use with a power  
actuated gun as in claim 20 wherein:

said extending portion comprises a groove.

22. A faster feeding system for use with a power  
actuated gun as in claim 20 further comprising:

an attachment leg angularly attached to said plate.

23. A faster feeding system for use with a power  
actuated gun as in claim 20:

wherein said plate has a raised portion.

24. A fastener assembly feeding system for use with a  
power actuated gun comprising:

a plate having a bearing leg with a raised portion and  
an attachment leg;

a stud frictionally held within the raised portion of said bearing leg;

a groove placed within said bearing leg between said stud and said attachment leg, said groove extending parallel to a plane of the attachment leg;

a foot formed on one edge of said bearing leg;

a tab formed in said bearing leg and extending in a direction opposite to said foot;

a track portion adapted to receive said plate;

a mating portion formed in said track portion, said mating portion complementing and adapted to receive said groove; and

a channel formed within said track portion, said channel adapted to receive said tab,

whereby a plurality of fastener assemblies are guided along said track.